



***Welcome to the Valley of the Sun!***

# **Tips for Staying Safe in the Arizona Heat**

Fill. Drink. Repeat. Drink water even when you are not thirsty. Thirst and sweating are late signs of dehydration.



Never leave children or pets in a car.

Take breaks in the shade or in air conditioning.



Keep your head and babies' heads covered. Reapply sunblock every 2 hours.



Enjoy the trails & outdoor activities in the early morning or late evening.



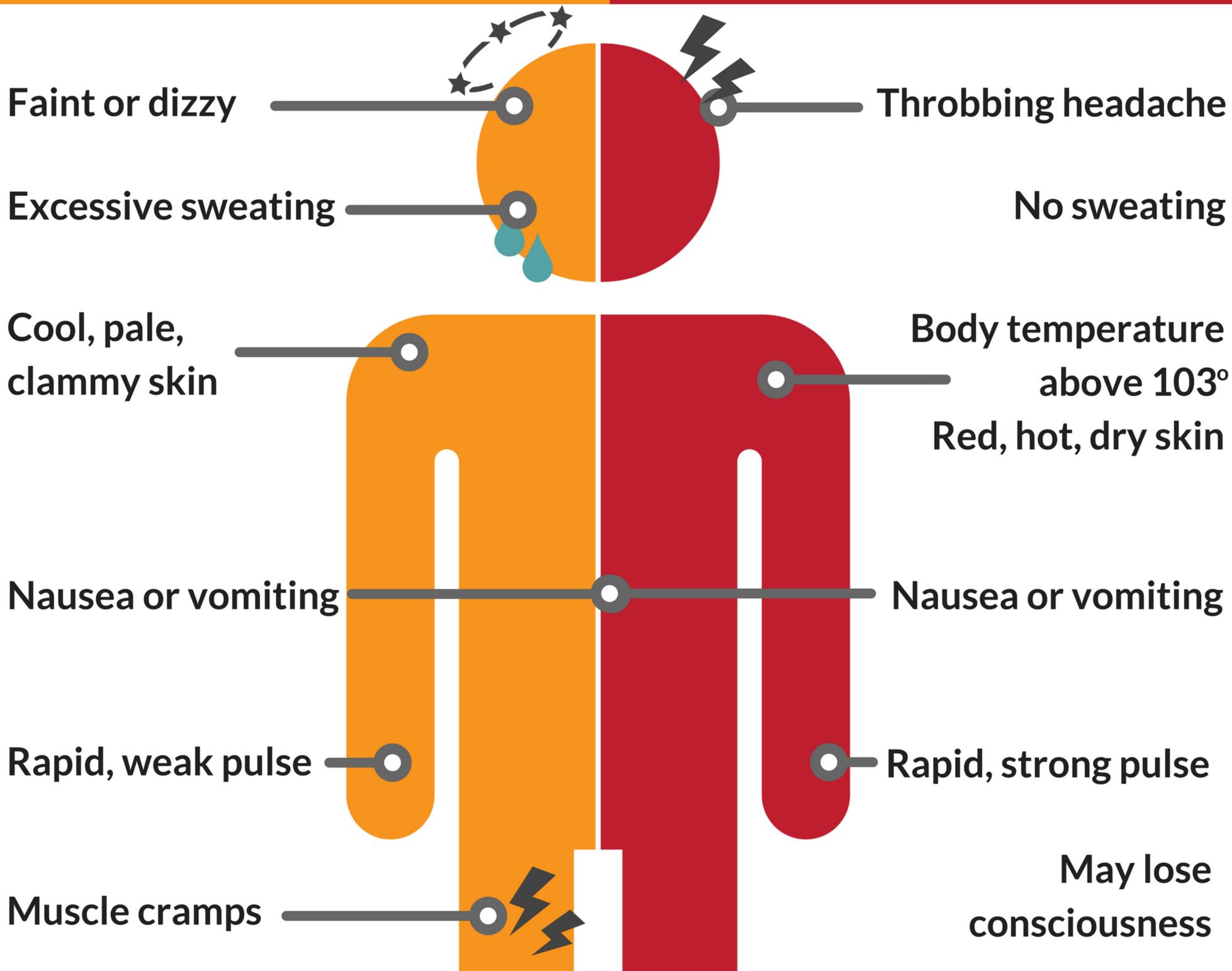
**Maricopa County  
Public Health**

**Want more? Visit [HeatAZ.org](http://HeatAZ.org)**

# Recognize Signs of Heat Illness

## Heat Exhaustion

## Heat Stroke



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

**Call 9-1-1**

Take immediate action to cool the person until help arrives